

## DOCUMENT RESUME

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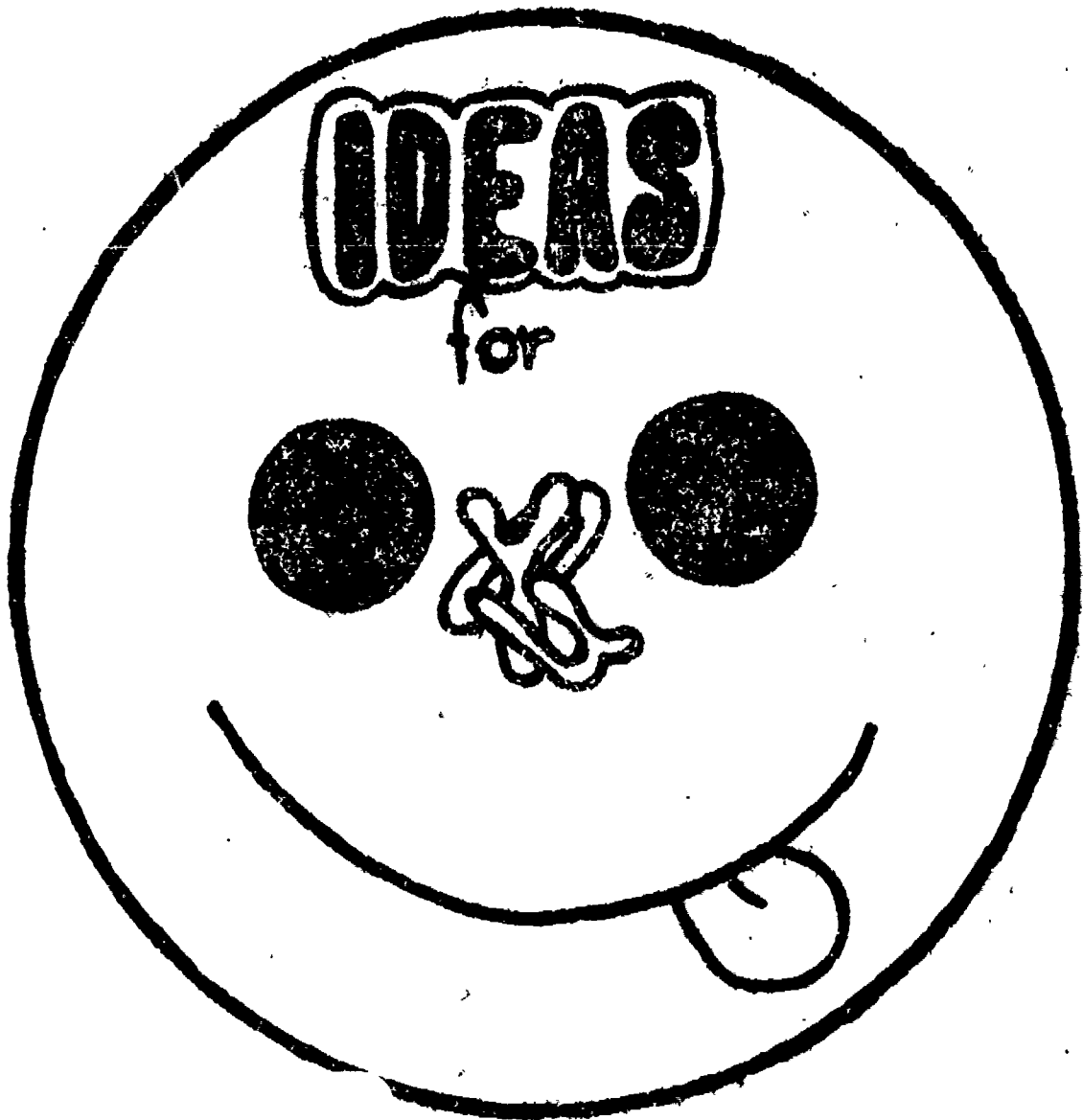
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Scheduling

IDENTIFIERS \*Project IDEA

## ABSTRACT

This document contains ideas on a variety of subjects directed at the physical educator. The work was compiled by Project IDEA (Identify, Distribute, Exchange for Action). Topics include the following: (a) scheduling, (b) curriculum, (c) games, (d) specific courses, (e) life sports, (f) fitness, (g) adaptive Physical education, (h) course methods, (i) evaluation, (j) student leaders, (k) intramurals, (l) stimulating program interest, and (m) equipment. Under these groupings, ideas are listed as well as the names and addresses of individuals who will either (a) make presentations, (b) welcome visitors, (c) distribute materials, or (d) write articles. A Project IDEA identification form is also included. (JS)



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THROUGH

PROJECT IDEA

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### NOTE: Explanation of Key Line

The amount listed within the parentheses refers to cost for material which will be distributed. If postage is listed, please send a stamped, self-addressed envelope.

## S C H E D U L I N G

Chuck Novotny  
Downers Grove South H.S.  
1436 Norfolk  
Downers Grove, Illinois 60515

\*2

A coeducation junior-senior elective program is organized in six week blocks with three choices offered each block.

Ken Bunte  
Moline High School  
3600 23rd Avenue  
Moline, Illinois 61265

\*1 2 3 4

Course selection is offered to students in grades eleven and twelve.

Julia Boston  
Greenville High School  
Harmon Drive  
Greenville, Ohio 45331

\*2 4

Coeducation nine week mini courses are selected by upper classmen who have completed one year of general physical education.

Miss Doral Rose  
Mr. Ted Wissen  
Forest View High School  
2121 Goebbert Rd.  
Arlington Heights, Illinois 60005

2

Junior-senior program has been developed to offer a wide variety of activities so that students may select a program suited to their own individual needs and preferences.

Mrs. Carol McVicker  
Palmer High School  
Palmer, Alaska 99645

\*4

Four semesters of physical education are required within four years. All must take one semester of introductory course. Requirement is completed by choosing those semesters which offer activities of interest to the student.

Ward I. Jones  
Dillingham School  
Box 202  
Dillingham, Alaska 99576

\*2 4  
Trimester physical education  
classes feature one introduc-  
tory class and coed lifetime  
sports choices.

George Starn  
Terra Linda H.S.  
320 Nova Albion Way  
San Rafael, California  
94901

1 2 3 4 (\$1.00)  
Core program for freshmen and  
sophomores leads to a wide spread  
of upper class elective programs  
including water polo and boxing.  
Classes meet daily or students  
may take two activities on  
alternate days.

Bruce Wilson  
Greenway H.S.  
3930 W. Greenway Rd.  
Phoenix, Arizona 85000

1 2 3 4 (postage)  
Course scheduling procedures are  
used effectively to maintain a  
totally elective boys program.

Clayton Williams  
Beloit H.S.  
124 W. 5th St.  
Beloit, Kansas 67420

1 2 4  
A nine week mini-mod elective  
program for boys focuses on life-  
time sports and a combination of  
seasonal team sport skills and  
conditioning.

Mrs. Sam Davis  
Cowpond Road  
Halifax County Jr. H.S.  
Halifax, Virginia 24558

1 2 3 4 (30¢)  
Free choice physical education  
program for girls offers a vari-  
ety of activities including  
drill teams, self defense, modern  
dance, etc.

---

KEY:        \* = copies of specific program ideas not returned  
1 = will make presentation        3 = will distribute materials  
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Ms. Joan E. Martin  
Naperville Central H.S.  
440 W. Aurora Ave.  
Naperville, Illinois 60540

\*1 2 3 4 (20%)  
Girls elective program has helped to improve grades and decrease discipline problems in physical education.

Fred Bates  
Patrick Henry High School  
San Diego, California 92101

2  
Selective physical education activities include cycling, surfing, sand volleyball, outdoor living, and coed activities.

James L. Hartline  
Clear Fork High School  
RFD #3  
Bellville, Ohio 44813

\*2 3 4  
An elective program of semester courses includes individual sports, advanced physical education, coed physical education, and independent study.

Terry Penner  
Tinora High School  
R. R. 3  
Defiance, Ohio 43512

\*1 2 3 4  
Elective coed mini-courses of nine weeks are offered to grades ten through twelve.

Lawrence W. Rice  
James A. Garfield H.S.  
S. R. #88  
Garrettsville, Ohio 44231

\*1 2 3 4 (\$1.00)  
A coed, elective, pass-fail physical education course in lifetime sports emphasizes use of off campus facilities and outdoor pursuits.

Thomas G. Ferch  
Sitka H.S.  
Box 179  
Sitka, Alaska 99835

1 2 4  
An elective program offers 9 week courses to grades 10, 11, and 12. Students must complete a two year requirement and may enroll in a varied number of courses each year.

Mrs. Marguerite Curry  
Phillipsburg H.S.  
410 S. Seventh  
Phillipsburg, Kansas 67661

2 4  
Nine week ( $\frac{1}{2}$  credit) mini-mods  
in tennis, golf, archery, bowling,  
gymnastics, modern dance, social  
dance, and health are selected by  
the student to complete a one year  
requirement. Student may enroll  
in one or any number of 9 week  
courses which will fit his sched-  
ule.

Mrs. Ann H. Lockett  
Garfield Sr. High  
14000 Smoketown Road  
Woodbridge, Virginia 22191

\*1 2 3 4  
Co-ed electives classes are  
scheduled for combined 9th and  
10th grades.

Gary Fuller  
P. E. Consultant  
Anchorage Borough Sch.  
Dist.  
670 Fireweed Lane  
Anchorage, Alaska 99503

\*1 2 4  
Thirty-three course offerings  
an expanded elective curriculum.

Nancy T. Huff  
Osborn H.S.  
9005 Tudor Lane  
Manassas, Virginia 22110

\* 1 2 4  
Co-ed elective classes rotate to  
a new activity every 10 days.

Jim Shipley  
Woodstock District 200  
501 W. South St.  
Woodstock, Illinois 60098

1 2 4  
A variable physical education  
program offers a college type  
schedule with 54 courses such  
as winter sports, canoeing,  
hiking, bicycling, and co-ed  
classes

---

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Judy Dingler  
Tippecanoe High  
555 N. Hyatt  
Tipp City, Ohio 45371

\*1 2 3 4 (\*1.00)  
A required program allows  
students to choose electives  
ranging from team sports to  
creative dance.

Luke LaPorta  
Liverpool Central School  
Liverpool, New York 13088

\*1 2 3 4  
A complete choice of activ-  
ity is offered in this pro-  
gram.

Al Schirmacher  
Washington Jr. H.S.  
201 N. Washington Avenue  
Naperville, Illinois 60540

1 2 3 4  
An elective physical educa-  
tion program for 8th grade  
features a variety of activ-  
ities, co-ed classes, and  
team teaching.

Mrs. Bonnie T. Dunn  
Memorial Jr. High  
Spring Branch ISD  
12550 Vindon Drive  
Houston, Texas 77024

2 4  
A junior high program is  
offered which features short  
units of many activities.

Shareen Young  
Roosevelt Jr. H.S.  
680 E. 24th St.  
Eugene, Oregon 97401

1 2 3 4 (\*2.00) Visiting last  
Monday of month only  
A total coed elective junior  
high program offers instruc-  
tion in aquatics, team sports,  
individual sports, dance,  
recreational games, and fit-  
ness.

Margaret Sharp  
Humboldt H.S. 258  
1011 Bridge  
Humboldt, Kansas 66748

\* 2 3  
Ninth grade students partici-  
pate in coeducational volley-  
ball, kickball, basketball,  
scooter games, and gymnastics  
one day per week.



Spencer D. Kane  
Audubon Jr. H.S.  
3055 East Blvd.  
Cleveland, Ohio 44104

2

A cycle approach to the scheduling of activities according to grade level adds variety to the physical education program and increases student interest and cooperation.

Charlotte Griffith  
Susan Channell  
Washington H.S.  
7340 Leavenworth Rd.  
Kansas City, Kansas 66109

4

Students scheduled for physical education during a designated time block are subdivided into classes according to swimming ability.

Frances Macomber  
N. Salinas H.S.  
55 Kip Drive  
Salinas, California 93901

\*4

An efficient method of selecting elective classes requires thirty minutes for 250 students. Attendance card is also available.

Sharon K. Bean  
Beloit High School  
Beloit, Kansas 67420

\*4

A mini-mod schedule is planned that includes different activities each hour.

Mr. Whit Menefree  
Virginia School for the  
Deaf & Blind  
East Beverly Street  
Staunton, Virginia 24401

1 2 4

Monthly scheduling of gymnasium use allows maximum use of the gym.

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Gene John  
Fredonia H.S.  
7th & Jefferson  
Fredonia, Kansas 66736

4  
Men and women instructors combining classes to share facilities and equipment increases gym time and leads to advanced co-ed classes.

Jack Stroud  
Yarmouth Sr. H.S.  
Yarmouth, Maine 04090

\*4  
Additional classes are provided for interested students in grades seven through twelve within a seven period day.

Nancy L. Dallis  
Prospect H.S.  
801 Kensington  
Mt. Prospect, Illinois 60056

\*2  
Bussing is used to transport students to bowling, roller rinks, ice skating, and golf courses.

Ronald Thomas  
Saybrook-Arrowsmith  
601 N. Main  
Saybrook, Illinois 61770

1 2  
A yearly schedule of activities emphasizing lifetime sports was developed for use in small to intermediate sized schools.

Judith Rolfert  
Courter Tech H.S.  
3520 Central Parkway  
Cincinnati, Ohio 45223

\*1 2 4  
Lunchtime recreation substitutes for physical education in grades eleven and twelve of a technical high school.

Jack L. Emsuer  
Waynesville High  
Dayton Road  
Waynesville, Ohio 45068

\* 3 4  
A student directed curriculum in health and physical education allows students to plan their yearly schedule of activities and contribute to specific unit plans.

Lathy Scales  
Emporia Senior H.S.  
216 West 6th Avenue  
Emporia, Kansas 66801

\*1 2 3 4

\*A six day cycle with two of the six being smorgasboard offers students a chance to make up missed classes as well as providing an opportunity for activity for students with no regular physical education class.

Shirley Cicholas  
Ron Walters  
Soquel High School  
401 Old San Jose Road  
Soquel, California 95073

1 2 3 4 (35%)

An extended day program increases course offerings for students. Courses are taught in community areas by teachers who begin their school day late and complete whenever class ends.

Art Mack  
Lincoln Academy  
Academy Hill  
Newcastle, Maine 04553

1 2 3 4 (postage)

An elective program is offered which allows student to determine method he would like to fulfill requirement. Areas they choose from include skill classes, classroom, outside agencies, individual activity, athletic team participation, or teaching in a local elementary program.

Bryce Leggatt  
Lord Elgin High School  
5151 New Street  
Burlington, Ontario  
Canada

\*1 2 3 4

Cross-graded course thematic is scheduled so a credit may be completed in five weeks by attending all day for five weeks.

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## C U R R I C U L U M

Joel C. Galperin  
Loudoun County Public Schools  
30 W. North Street  
Leesburg, Virginia 22075

1 2 3 4 (\$3.22 for Middle School)

A curriculum guide is available for the reorganization of the traditional physical education program to meet the needs of year round education.

Greta Weatherill  
Orange High School  
525 North Shaffer Street  
Orange, California 92666

1 3 (\$2.00)

A textbook for girls' physical education was developed by the district staff. This includes policies, exercise, dance, individual sports, and team sports.

Terry Leeper  
Marshalltown Community  
317 Columbus Drive  
Marshalltown, Iowa 50158

\*1 2 4

The physical education program has developed into a K-12 sequential skill program based on minimum standards.

John Gentile and Staff  
South High School  
7415 Broadway Avenue  
Cleveland, Ohio 44105

\*1 2 3 4

This curriculum includes parachute play to music, rhythmic gymnastics, and lifetime sports.

Mrs. Phyllis Wheeler  
Mrs. Susan Lennartson  
Spring Lake Park Dist. 16  
8000 Highway 65  
Minneapolis, Minnesota 55432

1 2 3 4 (\$1.00)

Ideas for use of feathers and ropes within the curriculum are offered. Also included is a movement approach to tumbling for grades K-6.

Susan L. Fore  
Norton Elementary  
Park Avenue  
Norton, Virginia 24273

2 3 4 (postage)  
A movement education unit has  
been designed to improve a child's  
ability to bounce a ball.

Elwood A. Sattervall  
Lenox Elementary  
6715 Minnetonka Blvd.  
St. Louis Park, Minnesota  
55426

\*1 2 3 4 (\$2.00)  
Loco-motor-rhythm unit  
which combines 16 patterns  
and student creativity in develop-  
ing a sense of rhythm.

Elwood A. Sattervall  
(same as above)

\*1 2 3 4 (\$2.00)  
Learning center concept utilizes  
a station approach to encourage  
children to improve gross body  
movements.

Ida R. Basco  
Port Clinton High  
821 South Jefferson St.  
Port Clinton, Ohio 43452

2 4  
The open gym concept is used one  
day a week to accommodate large  
numbers of students to further  
skills in specific area of  
interest.

Betty Morr  
Marina High School  
Huntington Beach, Calif.  
92649

\*2 4  
Special event days such as Hallo-  
ween provide students an oppor-  
tunity to participate in a variety  
of relays, tournaments, etc.

Hayden McQueen  
Gransview Elementary School  
2659 Grand Avenue  
Connersville, Indiana 47331

1 2 4  
A "Bike-A-Thon" patterned after  
the Indy "500" provides a good  
event for all ages.

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Harry S. Sanders  
Bel Aire Middle School  
Moones Mill Road  
Bel Aire, Maryland 21014

1 2 4  
"Dave Wottle" cross country  
run, hiking trips, sport and  
the arts display, horsemanship  
and skiing clinics stimulate  
interest in physical education  
through special events.

Charles Shara  
Belleville High School  
Belleville, Kansas 66935

3 (postage)  
A one-on-one basketball tour-  
nament and cross country meet  
increase interest in physical  
education program.

---

### G A M E S

---

Daniel Ruminski  
Bonnomeo School  
Evelid St.  
Wickliffe, Ohio 44092

2  
A variety of relays with class  
organization ideas are avail-  
able.

William Main  
Faribault Public School  
1230 Geo. F. St.  
Faribault, Minnesota 55021

3 4  
Relays and drills for basket-  
ball have been set to music.  
These add interest to learn-  
ing timing, dribbling, and  
footwork.

David Ekelund  
Asa Adams School  
Goodridge Drive  
Orono, Maine 04473

2 3 4 (\$1.00)  
A game with colored hoops is  
used to improve running and  
leaping skills.

Lee M. Haun  
White City High School  
White City, Kansas 66872

1 2 4  
Lead-up games used for foot-  
ball teach kicking, catching,  
throwing, running, and  
jumping skills.

Pam Peridier  
Col. E. Brooke Lee  
Junior High School  
11800 Monticello Avenue  
Silver Springs, Maryland  
20901

1 4  
A variety of lead-up games are used to teach hitting, eye-hand coordination, and footwork for volleyball, tennis, and badminton.

Dora Nelson  
Wakeeney Grade School  
620 Junction Avenue  
Wakeeney, Kansas 67672

1 3 4  
Spelling basketball and games which teach passing, shooting, and dribbling are available.

Arthur T. Psaledas  
Pelham Memorial School  
Pelham, New Hampshire 03706

3 4 (10¢)  
Throwing accuracy in basketball is improved through lead-up games.

Anita Gacke  
Mound Park Elementary  
1000 Pacific  
St. Paul, Minnesota 55101

\* 3  
Balloon Battle Ball (K-3) provides a good lead-up or novelty game for volleyball.

Frank Stauffer  
Second Street School  
Second Street  
Frankfort, Kentucky 40601

\*3 (postage)  
Parachutes are used in physical education class to build arm strength.

Vernon Merley  
Juneau-Douglas High School  
1250 Glacier Avenue  
Juneau, Alaska 99801

\*1 2 3 4 (\$2.00 for all three)  
Racketball and handball are combined into a course taught at a local Teen Club.

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Vernon Merley  
Juneau-Douglas High School  
1250 Glacier Avenue  
Juneau, Alaska 99801

\* 1 2 3 4 (\$2.00 for all three)  
Team handball combines skills  
of basketball, hockey, and  
football.

Duane Schneider  
Clark Jr. High  
150 S. Bragaw  
Anchorage, Alaska 99504

1 2 3 4 (postage)  
This soccer-football-basket-  
ball game provides an action  
game which will develop  
skills.

Willis B. McClure  
Tamarack Elementary  
Tamarack Road  
Owensboro, Kentucky 42301

4  
Balloon volleyball offers  
vigorous activity. Use of  
a number of balloons makes  
the game exciting.

Virginia Honomichi  
Jim Krob  
Russell High School  
Russell, Kansas 67665

1 2 4  
"Rules of Balance" provide  
variations to enhance par-  
ticipation in coed touch  
football, bowling, and  
volleyball.

Doug Opdycke  
DeSoto Junior High  
DeSoto, Kansas 66018

2 4  
Crab soccer, a variation of  
soccer, requires all players  
to remain in crab walk posi-  
tion.

Steve McMillion  
Fort Frye High School  
Fifth Street  
Beverly, Ohio 45715

4  
"Red Ball" is a combination  
of soccer and basketball  
which can be played indoors.



Betsy McClure  
Keene Junior High School  
Washington Street  
Keene, New Hampshire 03431

1 2 3 4  
"Tenneyball" is a team tennis game which also incorporates skills of volleyball and handball. The game is good for small crowded gyms and is also great for intramurals.

Nancy Price  
Piqua City School  
1120 Nicklin Avenue  
Piqua, Ohio 45356

1 2 3 4 (25%)  
Branball, a Swedish game played with a baseball bat, a tennis ball, and five bases, assures that all students get on base.

Edgar Savage  
Hampton Academy Junior High  
Academy Avenue  
Hampton, New Hampshire 03842

2 3 4 (50%)  
A cave-man basketball game incorporates limited basketball and hockey skills in a game with some similarity to sideline basketball.

Bill Carlson  
Salina High School  
2015 Marc  
Salina, Kansas 67401

1 2 3 4  
"Cougar Ball" is a speeded up basketball game designed for large classes and limited facilities.

Bill Carlson  
(same as above)

1 2 3 4  
"Kickball Soccer" incorporates aspects of speedball and soccer to provide a challenging game for class play.

Bill Carlson  
(same as above)

1 2 3 4  
"One Swing Softball" permits only one pitch per batter among other variations to speed up the game

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Jim Krob  
Russell High School  
Russell, Kansas 67665

1 4  
"Krob Ball", a combination  
of baseball and dodgeball,  
is a good coed indoor game  
for large classes.

Ken Abram  
Budd Elementary  
1001 Albion Avenue  
Fairmont, Minnesota 56031

1 2 3 4 (25¢)  
"Nerf Ball" is a mental and  
physical tracking game which  
develops throwing and catch-  
ing skills, position and  
team competition.

Jay R. Olsen  
Fremont Junior High  
501 Crogan Street  
Fremont, Ohio 43420

1 2 4  
A game of underwater ice  
hockey encourages beginners  
to hold breath, flutter, and  
swim underwater.

Nancy Price  
(same as above)

1 2 3 4 (25¢)  
Ring tennis is an excellent  
team sport for girls and  
boys of all ages. This is  
a great lead-up game for  
volleyball.

Vernon Merley  
Juneau Douglas High School  
1250 Glacier Avenue  
Juneau, Alaska 99801

\*1 2 3 4 (\$2.00 for all three)  
A coed recreational games  
course includes badminton,  
volleyball, table tennis,  
shuffleboard, bowling,  
archery and softball.

Floyd Lorenz  
Mascoutah Junior High  
North Sixth Street  
Mascoutah, Illinois 62258

1 2 3 4 (10¢)  
Mission Impossible is a crea-  
tive team game utilizing the  
gymnasium. Teams compete  
on a time basis with various  
limitations set by the  
instructor.

Floyd Lorenz  
(same as above)

1 2 3 4 (10¢)  
A series of variations of stand-  
ard games is employed to main-  
tain interest in long units.

Duane Hodgkin  
Marion High School  
726 West 25th Street  
Marion, Indiana 46952

\*2 4  
A sports challenge program fol-  
lows the TV program as a model  
with contestants answering ques-  
tions in five areas.

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### S P E C I F I C C O U R S E S

---

Ellen Marie Blank  
Edgerton Elementary  
1929 Edgerton  
St. Paul, Minnesota 55117

\*1 2 4 <sup>#</sup>(1.50)  
Movement education, K-3, daily  
lesson plans provide continuity  
between specialist and classroom  
teacher and provides a five day  
a week program.

Floyd Lorenz  
Mascoutah Junior High  
North Sixth Street  
Mascoutah, Illinois 62258

1 2 3 4 (10¢)  
A unit is composed of circus  
stunts, playground games, and  
ideas from "Sports Illustrated".

Marie Joecken  
Coventry High School  
3257 Cormany Road  
Akron, Ohio 44319

1 3 4  
Specific guide for tumbling and  
apparatus lessons are provided.

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Nancy Price  
Wilder Junior High  
1120 Nicklin Avenue  
Piqua, Ohio 45356

1 2 3 4 (25¢)  
Trampoline skills listed in  
progression are available.

Mrs. Alberta Byrum  
Norton Com. High School  
State and Woods Field  
Norton, Kansas 67654

\* 2 4  
A ball gymnastics unit invol-  
ves bouncing, tossing, and  
rolling balls with one or both  
hands leading to more diffi-  
cult skills.

Virginia Lawrence  
Bakersfield High  
1241 G Street  
Bakersfield, California  
93301

2 4  
Authentic Hawaiian dances unit  
is taught as Hawaiians would  
teach. Luau is held at end  
of six week unit to invite  
administrators, family, and  
friends.

Dr. Richard Powell  
University of Maine  
Dept. of H.P.E.R.  
181 Main Street  
Presque Isle, Maine 04769

1 2 3 4  
This unit provides a variety  
of ideas related to learning  
square dance calling as well  
as serving as a resource guide  
to square dance teaching  
methods, basic progressions,  
records, and calling "patter".

Carole Liedtke  
Marian C. Moore  
6805 Moorhaven Drive  
Louisville, Kentucky 40228

3 4  
Modern dance unit contains  
progressive lead-up activi-  
ties and enriches the physi-  
cal education curriculum.

Carole Liedtke  
(same as above)

3 4 (\$1.00)  
Organize gymnastics class in-  
to equal teams and have "meet"  
for teams at completion of  
unit. Materials included to  
help implement this idea.

Robberta Meseenbrink  
Ben L. Smith High School  
2407 S. Nolden Road  
Greensboro, North Carolina  
27407

4  
An Introduction to Dance, Drama,  
and Choreography is a course  
which emphasizes creating and  
choreographing for artistic  
productions.

Ronnie Taylor  
Glendover School  
Glendover Road  
Lexington, Kentucky 40505

\*2  
Safety training and first aid  
classes are provided in physi-  
cal education.

Greta Weatherill  
Orange High School  
525 North Shaffer Street  
Orange, California 92666

1 3 4 (\*1.00)  
A career education unit on thera-  
peutic recreation services is  
designed to be taught to coed  
physical education classes.

Bryce Leggatt  
Lord Elgin High School  
5151 New Street  
Burlington, Ontario  
Canada

\*1 2 3 4 (\*3.00 per course of  
study)  
Cross-graded course - thematic  
approach includes course in  
outdoor education, racquet  
sports, etc.

Judith J. Steele  
Acalanes High School  
1200 Pleasant Hill Road  
Lafayette, California  
94549

\*4  
Special class is offered for  
students who have failed prior  
physical education courses.  
Teacher permission is pre-  
requisite and less structure  
with more student involvement  
in planning assure success of  
class.

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Evelyn Butler  
Cardozo High School  
13th & Clifton Sts., N.W.  
Washington, D.C. 20010

\* 1 2 3 4  
A course for expecting mothers  
is offered on a credit basis.

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## L I F E   S P O R T S

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Barbara Cothren  
Tom Boward  
Tri-Valley H.S.  
Ellsworth, Illinois 61737

3 4  
Coeducation activities for  
seniors use school and com-  
munity facilities and stress  
cooperation and student in-  
volvement.

Delores Schoppy  
Absegami  
Cologne Ave.  
Mays Landing, New Jersey 08330

2  
Part of a junior and a senior  
program have been developed  
to emphasize such carry over  
activities as archery, tennis,  
golf, badminton, table tennis,  
etc.

Ronald C. Hudson  
Libbey High School  
1250 Western  
Toledo, Ohio 43609

\*1 4  
Lifetime sports program for  
seniors emphasizes individual  
activities.

Prudence Penny  
Plantation High School  
6901 N.W. 16th Street  
Plantation, Florida 33313

4  
Elective senior physical  
education is based upon  
"unisex" program incorpor-  
ating "risk activities",  
contract teaching, and  
recreational activities.

Learwinson Jackson  
Paul Dunbar  
2222 Richley Avenue  
Dayton, Ohio 45408

1  
Coed physical education classes  
for seniors are designed around  
lifetime sports.

Dwight K. Mills  
Paducah Tilghman  
2400 Washington Street  
Paducah, Kentucky 42001

\*1 2 4  
Advanced programs for juniors  
and seniors feature individual  
and dual activities such as golf,  
baitcasting, camping, marks-  
manship and recreational games.

Bob Cline  
Charlotte Pletcher  
Witmer High School  
5601 Clegg Drive  
Toledo, Ohio 43613

\*1 2 3 4  
A carry-over skills course in-  
cludes archery, golf, canoeing,  
baiting and casting, swimming,  
bowling, ice skating, tumbling  
and gymnastics, and putt-putt.  
There is a \$10.00 lab fee per  
student. Most activities occur  
off campus.

Dan Kittilson  
Staples Elementary School  
Staples, Minnesota 56479

1 2 3 4  
A cross country skiing unit is  
designed to employ the station  
method and student aids in  
teaching this sport to younger  
children.

Luke L. LePorta  
Liverpool Central School  
Liverpool, New York 13088

\*1 2 3 4  
Cross country skiing and kayaking  
are offered in the regular physi-  
cal education classes.

---

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George Terrill  
Bernice A Ray School  
Reservoir Rd.  
Hanover, New Hampshire 03755

2 4  
Snowshoe instruction provides opportunity for winter time outdoor activity while allowing better use of indoor facilities

C. E. Ash  
Canton South  
600 Faircrest, S.E.  
Canton, Ohio 44707

\*1 2 3 4  
Courses are offered in gun safety, sailing (sailboats in gym), and fly fishing.

Richard Notter  
Adak High School  
USNS Boh 34  
FPO Seattle, Washington 98791

\*4  
Students are offered bowling, skeet shooting, and target shooting within this program.

Bob Dvorak  
Leonard Scheufler  
Willington Senior High  
605 North A  
Willington, Kansas 67152

\*1 2 3 4  
A bowling unit includes work in the gym and instruction and tournament at the bowling alley.

Don Schnurrenberger  
Milford JHS  
Pleasant Hill Road  
Milford, Ohio 45130

4  
Ideas for setting up short courses in limited spaces and using whiffle balls as lead-up activities are used in this golf course.

Chuck White  
Charleston Junior High  
920 Smith Drive  
Charleston, Illinois 61920

2 4  
An entire golf unit is used which includes class organization; the teaching of etiquette, rules, and skills; and setting up a short course in the gym.



Carol A. Fredrickson  
Monmouth College  
Monmouth, Illinois 61462

1 3 4  
Organizational methods are  
suggested for individual and  
group work in creative swimming.

Jack Moore  
Westerville Public Schools  
223 South Otterbein  
Westerville, Ohio 43081

2 4  
Students are taught safety and  
techniques of water skiing in  
a pool.

John Jacobs  
Kellogg JHS  
Rochester, Minnesota 55901

2 3 4  
A simple, effective, and quiet  
method for swimming uses sign  
language and buddy system in  
learning skills.

Shirley B. Comstock  
Academy H.S.  
2825 State Street  
Erie, Pennsylvania 16508

1 4  
The ARC swim course is reorganized  
in "contract style" - uses pool  
area assignments, practice sur-  
questions, and checklists.

Michael Mikos  
Mission Valley High School  
Route #1  
Eskridge, Kansas 66423

2 4  
A judo unit is taught for the  
purpose of developing agility,  
posture, grace of movement and  
leverage as well as methods of  
self defense.

Sally Witt  
Villa Park High School  
18042 Taft Avenue  
Orange, California 92667

\*2 3  
Course in backpacking is  
established.

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Maureen Kovich  
Regina High School  
5400 Fenwick  
Norwood, Ohio 45212

1 2 3 4 (\$3.00)  
In this self defense unit  
designed for girls and  
women, available material  
consists of unit outline for  
12 lessons, references, lec-  
ture material on some aspects,  
and copy of student hand-out  
material and written exams.

Bruce Wilson  
Greenway High School  
3930 West Greenway Road  
Phoenix, Arizona 85000

1 2 3 4 (postage)  
Coed class incorporated  
back-packing, fishing,  
camping, cooking, and fire-  
arms safety into a summer  
course.

John Kudlas  
Mayo High School  
Rochester, Minnesota 55901

1 2 3 4 (postage)  
Physical education -  
biology inter-departmental  
courses in "Sportsman's  
Biology" and "Ecological  
Awareness" combine skills  
of the outdoor with knowl-  
edge of biology.

Mark Giese  
Olathe High School  
Prairie & Buchanan  
Olathe, Kansas 66061

1 2 3 4  
This outdoor living unit  
includes mapreading, camp  
crafts, equipment, survival  
skills, mountain climbing,  
and a guide to successful  
class campouts.

Corlyce Grant  
St. Anthony High School  
3303-33rd Avenue, N.W.  
Minneapolis, Minnesota 55418

1 2 3 4 (25¢)  
Winter sports outdoor  
education involves snow and  
ice games such as softball  
variation on a hockey rink  
with or without skates and  
a variation of kittenball  
on snowshoes.

Corlyce Grant  
(same as above)

1 2 3 4 (25%)  
A cycling unit acquaints students with care of bikes, riding procedures, types of bikes, and practical experience through field trips.

Randy H. Gronert  
Goodview Elementary  
Village of Goodview  
Winona, Minnesota 55987

1 2 3 4  
A cycling unit involves safety factors, physical benefits, obstacle course, and participation of community organizations.

Darlene M. Koenig  
W. P. Shepherd Junior High  
East McKinley Road  
Ottawa, Illinois 61350

2 3 4 (postage)  
This bicycling unit includes an approach to bicycle safety, distance riding, races, and relays.

Darlene Koenig  
W. P. Shepherd Jr. H.S.  
Ottawa, Illinois 61350

\*4  
A bicycle unit has been developed.

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## F I T N E S S

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Donald F. Huycke, Jr.  
Cardinal Forest School  
Forrester Boulevard  
Springfield, Virginia 22152

2 3 4  
Students are encouraged to develop fitness by use of circuit training in a small area with limited equipment.

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Richard W. Kautz  
Hill Top Elementary School  
Rt. 5, Box 949  
Mount, Minnesota 55364

1 2 3 4  
Fitness is developed by  
using the rope climb, jog-  
ging, rope jumping, ladder  
climbing, and hula hoops.

Margaret G. Federick  
Albion Jr. High  
Webster Road  
Strongsville, Ohio 44136

2 3  
Follow the leader activities,  
jumping, creating movement,  
and cardiovascular activi-  
ties are used to build fit-  
ness.

Mrs. Bonnie Cotton  
Typee Jr. High  
13630 Allen Road, S.E.  
Bellevue, Wisconsin 98004

2 3  
Effective use is made of  
Cooper's aerobic point sys-  
tem to construct a fitness  
program by vigorous applica-  
tion of the skills of tennis,  
badminton, and skating.

Martha E. Wetzel  
Thornton Community College  
50 West 162nd Street  
South Holland, Illinois 60473

1 2  
Progressive weight training  
for girls provides a new pro-  
gram for conditioning and  
physical fitness which can  
be utilized in regular physi-  
cal education and athletic  
training. Students work at  
their own rate and within  
their own capabilities.

David Ahmann  
Westside Elementary  
West Highway 19  
Marshall, Minnesota 56258

1 2 3 4 (50¢)  
A volunteer running program  
is used to improve the fitness  
of each child by making the  
student aware of what is hap-  
pening to parts of body.  
Charts are posted to record  
distance and mileage awards  
are distributed.

Paul N. Graber  
Hiawatha H. S.  
1st & Kickapoo  
Hiawatha, Kansas 66434

2 3  
Isokinetic workout program on a  
six station mini-gym develops  
major muscle groups and keeps  
ten-twelve people working at a  
time.

Neill Wheeler  
Narmaton Valley High  
Morgan, Kansas 66755

4  
Circuit training program for  
boys and girls is used to develop  
total body strength.

June Scheer  
North End Elementary  
27 East Geranium  
St. Paul, Minnesota 55118

\*1 2 3 4  
The jog-a-mile club meets before  
school. At the end of the year  
awards are given to those who  
have jogged the most miles.

Ken Bunte  
Moline High School  
3600 23rd Avenue  
Moline, Illinois 61265

\*1 2 3 4  
Muscle lab involves circuit  
training program, student progress  
reporting method, and intraclass  
and individual competition.

Gary Teague  
Tyee Junior High  
13630 J.G. Allen Road  
Bellevue, Washington 98007

1 2 3 4 (10%)  
Physiological principles under-  
lying aerobics are taught in the  
classroom. Students still run  
a mile a day and recognition is  
given for improvement.

Cliff Foust  
Garfield Heights  
12000 Maple Leaf Drive  
Garfield Heights, Ohio  
44125

\* 1 2 3 4  
Physical fitness testing is  
used to measure the effect of  
daily calisthenics.

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Bruce A. Lerch  
Brecksville H. S.  
6376 Mill Road  
Broadview Heights, Ohio 44141

2  
Gymnastic and tumbling oriented  
obstacle course builds fitness  
in students of varied grade  
levels.

Bill Webb  
Calais Memorial H. S.  
Washington Street  
Calais, Maine 04619

1 2 3 4  
The design and use of a group  
obstacle course requiring  
team work as well as individ-  
ual strength, endurance, and  
skill is used as a fitness  
challenge.

Helen Smith  
LaCanada High School  
4463 Oak Grove Drive  
LaCanada, California 91011

\*1 2 3 4  
Individual fitness programs  
are established to meet  
student needs and progress  
is evaluated by the indi-  
vidual student.

Billie McCann  
Irvin H. S.  
9460 Roanoke Street  
El Paso, Texas 79924

1 2 3 4  
A self-improvement course  
includes: organiza-  
tion of activities, time  
schedules, personality in-  
ventories, counseling ses-  
sion schedules, charts and  
recording procedures, vari-  
ous types of exercises for  
problem figures, and com-  
munity resources list.

Judith Clossey, R.N.  
S.A.D. #28  
Camden-Rockport  
Knowlton Street  
Camden, Maine 04843

\*1?  
A self-improvement course  
includes: diet inventory,  
diet for weight loss, exer-  
cises for weight loss and  
recording of weight changes.

John T. McCarthy  
Albright Middle School  
1110 S. Villa Avenue  
Villa Park, Illinois 60181

1 2 3 4 (50%)  
Physical Fitness Teams of graded  
difficulty motivate less fit  
students to improve. Weight  
Watchers Club helps overweight  
students to become fit. Forms  
and procedures for implement-  
ing this program are available.

Cheryl Ellinger  
Nelsonville-York H.S.  
Rt. #1  
Nelsonville, Ohio 45764

3 4  
Record keeping hints are of-  
fered which help stimulate  
interest in fitness.

Robert Friberg  
Wilton Academy  
SAD #9  
Rt. 4  
Farmington, Maine 04294

\*2 3 4  
Youth fitness texting is used  
to build student interest.  
Point totals are kept to award  
patches and certificates for  
achievement at end of year.

Russell Sumka  
Glenbard South H. S.  
Park and Butterfield Rds.  
Glenellyn, Illinois 60137

\*2 3  
Picture of semester physical  
fitness champions are posted in  
cafeteria and locker room.  
Color coded fitness shirts are  
also awarded.

Paul N. Graber  
Hiawatha High School  
1st & Kickapoo  
Hiawatha, Kansas 66434

\*2 3 4  
Colored fitness trunks are given  
by the school to provide an in-  
centive to improve personal fit-  
ness.

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## A D A P T I V E

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John Burgess  
Cony High School  
Stone Street  
Augusta, Maine 04330

\*1  
Corrective physical education for K-3 uses "Modified Purdue-Perceptual Motor Survey" to identify students for program. High success has been achieved in correcting motor problems.

Miss Patricia Boston  
Tefft Junior High  
Irving Park Road  
Streamwood, Illinois 60103

2 3 4  
Scheduling organization, doctors' recommendation for participation, forms for psychological reports, and progress reports to parents and physician aid the implementation of a developmental (remedial) physical education program.

Bob Butterworth  
University of Maryland  
Dept. of Physical Education  
College Park, Maryland 20742

1 2 3 4 (5¢ per copy)  
Forms have been developed to assist in administration of individually prescribed developmental adaptive physical education programs.

Al Pursell  
Bruce Wessman  
Hartley Elementary School  
Waseca Public Schools  
Waseca, Minnesota 56093

1 2 3 4 (50¢)  
A special coordination program is offered to supplement the physical education program for students who have coordination or reading disabilities.



Richard H. Johnson  
Central Elementary  
300 West 24th  
Kearney, Nebraska 68847

1 2 4

Midline hopscotch is an activity designed to involve aspects of balance, crossing the midline, hopping, eye-foot coordination, and synchronization of the entire neuro-muscular system.

Don Schnurrenberger  
Milford Junior High  
Pleasant Hill Road  
Milford, Ohio 55150

3

Checkers played on a black top parking lot provides an active yet restrictive program

Linda Swanson  
Cal Poly University  
1127 Foothill Blvd. #200  
San Luis Obispo, California  
93401

\*

Color code is used to identify and organize exercise stations for adaptive classes.

Vonder Haar  
Alavin A. Madison Sr. H.S.  
6th & Ferrish  
Madison, Illinois 62060

4

Team humming when ball is on their side of net in volleyball increased awareness and concentration of special education students.

Don A. Davis, Chmn  
Highland Park School  
433 Vine  
Highland Park, Illinois  
60035

\*2

A coeducational adaptive physical education program has been developed.

---

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Carle Nelson, RPT  
Colby College  
Waterville, Maine 04901

1 2 3 4  
Posture evaluation of freshmen class identifies deviations. For minor deviations individual postural exercises are recommended. Students with major deviations are referred to physician and physical therapist.

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## M E T H O D S

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George S. Hellmann  
Green High School  
Box 218  
Greensburg, Ohio 44232

3 (\$20.00 per 300)  
File cards provide quick record keeping on each student for both fitness scores and attendance.

Mrs. Nancy Hadland  
Commack South H. S.  
Vanderbuilt Parkway  
Commack, New York 11725

3 4  
IBM cards are used for attendance.

Pat Donaldson  
Wathena School  
Jessie Street  
Wathena, Kansas 66090

\*1 2 3 4  
Student excuses for not dressing must have parent or doctor's signature. Students leave the gym according to rows they sit in (in classroom).

Mr. Floyd B. Strain  
Floyd Dryden Junior High  
1250 Glacier Ave  
Juneau, Alaska 99801

1 2 4  
Squad competition for roll call and quantity equipment help to handle large numbers in physical education class.

Gary Stueve  
New Bremen High  
202-210 South Walnut Street  
New Bremen, Ohio 45869

\*2 4  
Student count of jumping jacks  
is used to take attendance.

Don Schnurrenberger  
Milford Junior High  
Pleasant Hill Road  
Milford, Ohio 45150

\*4  
Jumping jacks are counted  
using the school name.

Stan Robinett  
Worthington High School  
300 W. Granville Rd.  
Worthington, Ohio 43085

\*2 4  
Instructor keeps a set of gym  
clothing in the office to avoid  
dress cuts.

Mike Gaff  
Fort King Middle School  
545 N. W. 17th Ave.  
Ocala, Florida 32670

\*2 4  
Information board organizes  
time for teacher and students.

Ellen Clevenger  
Bennett Jr. High  
625 S. Main Street  
Piqua, Ohio 45356

1 3 4  
Bulletin Boards are used effec-  
tively through clever ideas.

Willia M. Chambers  
Eastmoor Senior High School  
417 S. Weyant Ave.

\*4  
Bulletin board tells the dress  
and activity for the day.

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## C O U R S E   M E T H O D S

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LeRoy Larson  
Safford Junior High School  
P. O. Box 960  
Safford, Arizona 85546

\*2 3 4  
Charts of skills used in soccer play are posted for each player on bulletin board to increase motivation and are also helpful in evaluation.

John Lawrence Rockholz  
Great Falls Middle School  
P. O. Box 448  
Great Falls, S. Carolina 29055

2  
Organizational method ensures equal playing time for all students.

Arnelle Jackson  
Fairview High School  
2408 Philadelphia Drive  
Dayton, Ohio 45406

1 3 4  
Giving half of the class classroom tasks while the others participate in activity cuts class size and allows grade level grouping.

Gina L. Gargrant  
Mount Merici Academy  
Waterville, Maine 04901

2 3 4  
Effective use of taped music teaches movement through exercise, gymnastics, and ball skills.

Floyd B. Strain  
Floyd Dryden Jr. H.S.  
1250 Glacier Avenue  
Juneau, Alaska 99801

1 2 4  
Tape recordings are used to teach shot put, basketball drills, long distance running, tennis, and weight lifting.

Mrs. David Walters  
Glasgow High School  
Columbia Avenue  
Glasgow, Kentucky 42141

4  
8mm film loops of students are  
used to show student errors in  
gymnastics skills.

Jack Moore  
Westerville Public Schools  
223 South Otterbein  
Westerville, Ohio 43081

2 4  
Inner tubes and a mat are used  
in teaching students back hand  
springs and flips.

Georganna Cottman  
Easton Middle School  
Oxford Road  
Easton, Maryland 21601

1 2 3 4  
Using AAHPER Skills tests for  
class competition establishes  
a pattern which may be used  
when the teacher is absent.

Harry L. Butcher  
Barberton High School  
489 Hopcam Avenue  
Barberton, Ohio 44203

2 4  
Pro type player draft system is  
used to create equally skilled  
teams.

Tom Shetler  
Dixie Heights, H.S.  
3010 Dixie Highway  
Ft. Mitchell, Kentucky  
41017

1 2 3 4  
League and double elimination  
tournaments ease space problems  
while creating student interest.  
Organizational forms and pro-  
cedures are available.

Eugenia L. Dahnke  
Hays Junior High School  
29th and Fort St.  
Hays, Kansas 67601

2  
Rules and procedures are avail-  
able for running round robin  
coed volleyball tournaments in  
class

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Vera Vucich  
Edison School  
1400 Earl Street  
Pekin, Illinois 61554

4  
A coed volleyball tournament is used in class for grades 7 and 8.

Mrs. Sharyn Luedke  
East Alton Junior High  
1000 Third Street  
East Alton, Illinois 62024

4  
Track meet organization used to structure participation and award performance for first five places in each event in each class.

T. Miller  
K. Wakefield  
Faircrest Junior High School  
616 Faircrest, S.W.  
Canton, Ohio 44706

2 3  
Use of stations is employed in teaching badminton, table tennis, horse shoes, bean bag toss, and shuffleboard as one unit. Ideas are also included for record keeping.

Mrs. Sam Davis  
Halifax County Jr. H. S.  
Halifax, Virginia 24558

1 2 3 4 (50%)  
Guidelines for both methods and evaluation are provided in this gymnastics unit.

Mr. Lou Stringer  
Eisenhower Middle School  
3525 Springcreek Road  
Rockford, Illinois 61107

1 2 4  
Individualized instruction charts for fitness, gymnastics, and track and field are available.

Richard Siorito  
English Village School  
Greece Central School Dist.  
P. O. 7197  
North Greece, New York 14515

1 2 3 4 (postage)  
Individualized learning packets have been developed in soccer, basketball, tennis, gymnastics, and track and field. Each skill presented is accompanied by pictures as well as learning cues. Guidelines for writing and organization of these units are available.

Larry Mattison  
Alma H.S.  
Alma, Kansas 66401

4  
Organization ideas are offered  
for setting up badminton, volley-  
ball, and handball as one unit  
to be taught in the gym.

Larry Whitmer  
Axtell High  
Axtell, Kansas 66403

1 4  
Activities are changed daily to  
maintain student interest.

Lona G. Gakle  
Chester Jr-Sr High School  
Chester, California 96020

4  
Student selection of activity is  
offered within each class period.

Mrs. Ellen Walker  
Andrew Jackson High School  
Chalmette Avenue  
Chalmette, Louisiana 70043

1 2 3 4  
A continuous progress--competency  
based program utilizing "non-  
graded" packets with defined per-  
formance objectives and compe-  
tency levels are used in the  
physical education program.

Judy Juelich  
Parkview Jr. High School  
701 W. County Road B  
Roseville, Minnesota 55113

2 3 4 (postage)  
Individualized units for stu-  
dents include performance ob-  
jectives, learning activities,  
and testing activities. Teachers  
work one-to-one with students  
as they progress at own rate.

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Betty Menzi  
909 Woods Road  
Ypsilanti, Michigan 48197

1 3 (\$6.00 for total package)  
Individualized Instruction  
Booklets have been written  
for tennis, fencing, modern  
dance, physical fitness,  
track and field, recreational  
games, gymnastics I and II,  
speedball and field hockey.  
Each activity is based upon  
sequential tasks.

Pat Denn  
St. Clair High School  
St. Clair, Minnesota 56080

\*1 2 3 4  
Contracts and individual  
study are used as girls  
choose two of four activi-  
ties to participate in  
during each four weeks.

John W. Horstman  
Meadow Lake Elementary School  
8525 62nd Avenue, North  
Minneapolis, Minnesota 55428

\* 1 2 3 4  
Contracts and guides are  
designed for use by stu-  
dents and teachers within  
a unit structure.

Georganna S. Cottman  
Easton Middle School  
Oxford Road  
Easton, Maryland 31601

1 2 3 4  
Contract teaching is another  
means of meeting students'  
needs through individualized  
instruction and independent  
study. Students use learn-  
ing stations, leading cen-  
ters, task sheets, teacher's  
assistance, and contracts.

Georganna S. Cottman  
(same as above)

1 2 3 4  
Since the emphasis is being  
stressed on outdoor educa-  
tion, contracts were drawn  
up for casting, camping and  
outdoor education, cycling,  
and golf.



Georganna S. Cottman  
(same as above)

1 2 3 4

In the Middle School several girls wanted to contract wrestling and football. The purpose of these contracts was more for the appreciation of the sport.

Tom White  
Lancaster High School  
1312 Granville Pike  
Lancaster, Ohio 43140

\*3

Individualized contracts are used for student to pursue such activities as bowling, horseback riding, tennis, judo, jogging, and conditioning on their own time.

Bruce Buzzell  
Seaside High School  
1901 North Holladay  
Seaside, Oregon 97138

\*1 3 4

The independent study program requires students to list objectives, how they plan to complete objectives, and time schedules. Students are graded on pass-fail basis.

Ronald E. Thompson, Jr.  
Buckfield High School  
Turner Street  
Buckfield, Maine 04220

3 4 (50%)

Senior students may receive credit for independent study projects conducted in school during activity periods or outside the school.

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## EVALUATION

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Lloyd Atterberry  
Joliet Central High School  
201 East Jefferson  
Joliet, Illinois 60432

\*1 2 3 4

A four year grade record card provides opportunity to record evaluation immediately after activity. This eliminates the need to save grade books and keeps student record straight as teachers change.

Mrs. Bonnie T. Dunn  
Memorial Jr. High  
Spring Branch ISD  
12550 Vindon Drive  
Houston, Texas 77024

2 4

Both progress and grade sheets with explanation of grading system are used in reporting evaluation to students and parents.

Greg Glauser  
Wathena  
Jessie Street  
Wathena, Kansas 66090

1 2 3 4

An organizational procedure is used to evaluate both attendance and dress.

John A. Fippinger  
LeRoy High School  
Center Street  
LeRoy, Illinois 61752

1 2 3 4

A gymnastics evaluation technique uses a difficulty rating for each skill and a rating for the quality of performance to evaluate student achievement.

Gordon Shaw  
Robious Junior High School  
11632 Robious Road.  
Midlothian, Virginia 23113

2

The Barrows Motor Ability test is used to group students for instruction. Each activity is taught on three ability levels.

Barbara D. Klein  
North Marion High School  
P. O. Box 299  
Sparr, Florida 32690

4  
A humanistic survey is used to determine change in student attitude in relation to physical education.

Garrett Wheaton  
Lyons High School  
American Road  
Lyons, Kansas 67554

2 3 4 (\*1.00)  
The evaluation system is based upon participation time in each activity. Various extra credit projects may increase a student's score.

Richard Lovellette  
Litchfield Junior H.S.  
1701 North State  
Litchfield, Illinois 62056

1 2 3 4  
Recognition program for students is based upon achievement through participation. Awards are given for individual and team performances in all activities.

Barry Humble  
Adams Central  
222 Washington  
Monroe, Indiana 46722

\*1 2 3 4  
This proficiency program covers skill tests in eighteen different activities. Students accumulate points toward awards such as shorts, shirts, etc.

Mr. Dean Rippon  
Rutland High School  
Library Avenue  
Rutland, Vermont 05701

1 3 4  
Format for "Self Evaluation of Outside Activities" for student use is indicative of attitude toward physical education. Fifty percent of the grade is based upon this area of participation.

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Floyd Lorenz  
Mascoutah Junior High  
North Sixth Street  
Mascoutah, Illinois 62258

\*1 2 3 4  
Grading system is used to  
motivate attitude rather  
than skill development.

Barbara D. Klein  
North Marion High School  
P. O. Box 299  
Sparr, Florida 32690

4  
Students relate physical  
education to areas of inter-  
est (art, poetry, research,  
or creative writing) in a  
creative midterm project.

Peter Raynsford  
Gilford Elementary School  
Gilford Street  
Laconia, New Hampshire 03246

4  
Each class is evaluated  
according to behavior and  
organization at the end of  
the class period. A point  
system is used for record  
keeping and best classes  
participate in field day  
at end of year.

Chirley Cicholas  
Soquel High  
401 Old San Jose Road  
Soquel, California 95073

2 3 4  
Pass-fail evaluation report-  
ing system is employed.  
(Based on behavioral objec-  
tives.)

James D. Goddard  
Oregon State Dept. of Ed.  
942 Lancaster Drive, N.E.  
Salem, Oregon 97310

1 3 (\$6.00)  
The state of Oregon has  
developed a profile booklet  
outlining, in performance  
based style, program goals,  
competencies, and sample  
performance indicators for  
those areas deemed essential  
for high school graduation.

Phil Rountree  
Consultant, HPER  
412 Winchester Bldg.  
Tallahassee, Florida 32304

The state of Florida has developed a series of COMPACS (Competency packages) in selected areas of activity for secondary schools. Written in performance based style, a range of acceptable performance criteria is presented to offer the challenge of progressive incentive for the criterion measures presented. Insight into IBM use for continuous progress recording is also presented. These materials will be available for purchase in 1975. (Price to be determined.)

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M I S C E L L A N E O U S

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Ron Szczesniak  
Mahalia Jackson School  
917 W. 88th Street  
Chicago, Illinois 60620

\*2

One minute quiet drill disciplines students who are slow to follow gym procedures.

Joe Blankenship  
Seneca High  
3510 Goldsmith Lane  
Louisville, Kentucky 40220

\*1 4

Student numbers provide an easy system for keeping track of showers and towels.

Phil Glosser  
Kansas High School  
Kansas, Illinois 61912

\*1 2 4

In an effort to make activities realistic, all classes are conducted as if the students were participating in a state tournament.

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Teresa L. Feliz  
Ravenswood High School  
2050 Cooley Avenue  
E. Palo Alto, California 94303

2 3 4  
Decorating the gymnastics room  
with appropriate slogans builds  
team morale.

Mrs. Barbara L. Anderson  
Franklin Jr. High School  
136 East 6th Street  
Franklin, Ohio 45005

\*1 4  
A variety of teaching ap-  
proaches are used in fresh-  
man health classes.

Miss Pam Strong  
Oakland Technical High  
4351 Broadway  
Oakland, California 946108

4  
Rainy day physical education  
classes are used to educate  
students in VD and family  
planning.

Bob Paszek  
Tom A. Edison High School  
5801 Franconia Road.  
Alexandria, Virginia 22310

1 2 3 4  
Driver education tests and  
State's Operators Manual  
are used as texts in read-  
ing classes for poor readers  
who are also taking driver  
education.

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#### S T U D E N T   L E A D E R S

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David M. Clark  
Mt. Blue Jr. High  
Middle Street  
Farmington, Maine 04938

\* 4  
Organization of a student  
leader corps is used to assist  
in teaching and promoting  
student-teacher communica-  
tions.

Dale Hastings  
Appleton Elementary  
Appleton, Minnesota 56208

\*2 4  
Senior student leaders partic-  
ipate in advanced physical  
education courses and assist  
in elementary and junior high  
classes.

Albert E. Bohrer  
Gary-Grove High School  
First St. & Three Oaks Rd.  
Gary, Illinois 60013

\*1 2 4  
Skilled Students are selected as student leaders. These students assist in a variety of the responsibilities of the physical education instructor and many later become physical educators.

Miss Loudelle Welling  
East Leyden High School  
3400 Rose Street  
Franklin Park, Illinois  
60131

3 4  
Specific selection criteria and student leader responsibilities are delineated for this program.

John Jacobs  
Kellogg Jr. High  
Rochester, Minnesota 55901

2 3 4  
Applications procedures and listing of responsibilities for student leaders has been developed for this program.

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## I N T R A M U R A L S

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Philip Faulkner  
Katahdin High School  
Katahdin High School  
Sherman Station, Maine  
04777

4  
Teachers act as captains for intramural teams to aid student control and to improve student-teacher relationships.

Michael Lee Hicks  
Hellen Keller Jr. H.S.  
820 West Bode Road  
Schaumburg, Illinois 60172

1 2 3 4  
Boys and girls intramurals and inter-scholastics are coordinated to give all students a varied activity program.

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Mrs. Marguerite Curry  
Phillipsburg High School  
410 South Seventh  
Phillipsburg, Kansas 67661

2 4  
Gymnastics classes and after school practices are held in a nearby school to alleviate space problems and provide increased opportunity for physical education.

J. M. Seidule  
Athletic Director  
Episcopal High School  
1200 N. Quaker Lane  
Alexandria, Virginia 22302

\*4  
The physical education program of an all male boarding school centers around interscholastic competition.

Mrs. Marjorie Bither  
Colby College  
Waterville, Maine 04901

1 2 3 4 (50%)  
Contracts are used with individual varsity players in tennis. This system facilitates scheduling of matches and eliminates misunderstandings.

William Main  
Faribault Public School  
1230 George F. Street  
Faribault, Minnesota 55021

\*4  
After being introduced to the fundamentals of cross country skiing in class, students may elect to participate in a week-end intramural program.

Anthony J. Pahula  
Northgate Elementary  
8201 Park Avenue  
Bloomington, Minnesota 55420

2 4  
A program of team competition for boys and girls is offered after school.



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## STIMULATING PROGRAM INTEREST

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Rex Barker  
Shawnee Junior-Senior H.S.  
Wolf Lake, Illinois 62998

1 2 3 4  
The high school has opened its doors to the community by sponsoring an evening of organized recreational sports, games and calisthenics.

Charles Ciciarella  
Northern Essex Community College  
Elliot Street  
Haverhill, Massachusetts 01830

1 3 4  
Groups of physical educators from a number of towns should collectively form organizations for the promotion of knowledge about and activity in sports, recreation, athletics, physical education, and leisure time activities. The Northeast Sports and Recreation Association is implementing this type of program.

Mrs. Vinna L. Freman  
D.C. Public Schools  
5th and K Street, N.E.

\*2  
Total community involved in curriculum and/or content selection through Parents, Administrators, Community, Teachers, and Student input in PACTS.

Mrs. Marjorie Bither  
Coordinator of Physical Education  
Colby College  
Waterville, Maine 04901

1 2 4  
Faculty student advisory committee meets monthly to introduce new ideas, to hear student appeals, and to evaluate student-faculty communication, program, and faculty performance.

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Larry Hill  
Ralston High School  
90th & Park Drive  
Ralston, Nebraska 68127

4  
Physical education staff  
writes monthly article about  
various program activities  
for local newspaper.

Eugenia S. Payne  
John F. Kennedy H.S.  
17100 Harvard Avenue  
Cleveland, Ohio 44128

\*3 4  
Combined K-12 student and  
staff presentation concern-  
ing city programs also in-  
volved several community  
organizations.

Barbara Keller  
Poyster Jr. High  
400 W. Main Street  
Chanute, Kansas 66720

1 2 3 4  
Physical education program  
demonstration ideas include  
variety of activities using  
scooters, caseballs, and  
marching exercises.

Floyd Strain  
Floyd Dryden Junior High  
1250 Glacier Avenue  
Juneau, Alaska 99801

1 2 4  
Newsletter containing up-  
coming events and performance  
scores for participation is  
used as a source for moti-  
vation and information for  
students.

Mitch Ghent  
Carrithers Middle School  
Billtown Road  
Jeffersontown, Kentucky 40399

1 2 3 4  
A physical education incen-  
tive program award is given  
weekly to a young man who  
displays high quality char-  
acteristics in physical  
education. Winners' pictures  
are displayed and letters  
to parents notify home of  
son's accomplishment.

Ginger Dorn  
Olivia Elementary School  
Olivia, Minnesota 56277

4  
Students compete in "regulation meet" to choose school gymnastics team which performs during basketball halftime.

Robert Shandy  
Glasco High and Elementary  
P. O. Box 321

1 2 4  
Each physical education class performs gymnastics skills appropriate to their grade level and sex during halftime of basketball games.

William Lodge  
Margaretta High  
209 Lowell Street  
Castalia, Ohio 44824

\*1 2 3 4 (postage)  
Wrestling tournament held during noon hour provides finalists who wrestle for championships during school assembly. Leads to increased interest in wrestling.

Robert S. Augsbarger  
Medina Junior High  
1425 Huy Road  
Columbus, Ohio 43224

1 2 3 4 (postage)  
Improved motivation toward skills is achieved by allowing students two weeks during the year to attempt to break or re-establish a class, grade level, or school record in a variety of skill performance areas.

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## EQUIPMENT

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Georganna S. Cottman  
Easton Middle School  
Oxford Road  
Easton, Maryland 21601

1 2 3 4  
The hallway of the girls' locker-room was converted into a resource center. The hall storage room was changed into a resource library and the towel room was changed into an equipment check-out room.

Fern L. Way  
San Pasqual High School  
Baseline Road  
Winterhaven, California 92283

\*4  
The physical education department helps students in shop to make tennis tables, equipment carts, and benches.

Dick Peterson  
Sibley Elementary  
Sibley Drive  
Northfield, Minnesota 55057

\*1 2 3 4  
Heavy weight scrimmage vests are made to replace pinnies for team identification in games.

Jerry O'Brien  
Jefferson Elementary  
14th St. and 10 Ave, N.E.  
Rochester, Minnesota 55901

2  
Hula hoops are made from plastic tubing and plumbing connectors.

Shirley Walker  
Mastway  
RFD  
Durham, New Hampshire 03824

4  
Batting tees are constructed from boundary cones and plastic pipe.

Glenn R. Swenson  
Middle School  
Grand Rapids, Minnesota  
55744

1 2 3 4 (postage)  
A low cost multi-purpose back-  
stop can be constructed from  
government surplus cargo para-  
chutes.

Hilda Barstow  
University of Maine  
Farmington, Maine 04938

2  
Equipment can be made from  
parachutes, scarves, balloons,  
rubber balls, wands, bean bags,  
and yarn balls.

Jim Gilbert  
Eisenhower Elementary  
School  
5700 Jessamine Lane  
Pleasure Ridge Park  
Kentucky 40258

2 3 4  
School drive and parking lot  
have been developed into a  
track area.

Mr. Whit Menefree  
Virginia School for the  
Deaf and Blind  
East Beverly Street  
Staunton, Virginia 24401

1 2 4  
Home made equipment for visually  
impaired students is less ex-  
pensive and more durable than  
purchased equipment.

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## W H Y N O T

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William Hupp  
Fairfield High School  
1111 Niles Road  
Fairfield, Ohio 45014

1 2 4

Why not drill students on rules and then insist that team members call their own infractions during games? This helps students develop a sense of moral responsibility.

Judy Sullivan  
Hocker Grove Junior High  
10400 Johnson Drive  
Shawnee, Kansas 66203

\*2 3 4

Why not use other school staff members to teach physical education classes? Guidance counselor taught unit on modern and jazz dancing at junior high.

Dr. Paul C. Motley  
Eastern Kentucky University  
Richmond, Kentucky 40475

1 4

Why not teach soccer and speedball as a single unit? The combination adds motivation and helps to increase scoring.

James E. Strausbaugh  
Chillicothe High School  
Yoctangy Parkway  
Chillicothe, Ohio 45601

Why not have the administration admit that large classes regulate program offerings? Class size should be cut to encourage the offering of more individual activities.

John N. Lam  
Hybla Valley Elementary  
Alexandria, Virginia 22306

4

Why not schedule intermediate grades for a one hour session in addition to two, thirty minute periods? This allows more individual attention and more time for particular units, such as tumbling.

Kennebec Public Health  
Association  
10 Storer Street  
Kennebec, Maine 04043

4  
Why not offer modern dance at  
junior and senior high level?  
Minimum equipment is needed and  
benefits from muscular develop-  
ment and coordination are valu-  
able before full growth is  
attained.

Al Lolotai  
Dept. of Education  
Pago Pago, Tutuila  
American Samoa

\*1 2 3 4  
Why not provide opportunities  
for parents to take part in  
same activities their children  
are involved with in physical  
education class? Why not in-  
tensify effort to expose physi-  
cal education program in local  
communities?

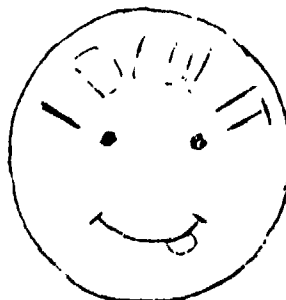
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## S C H E D U L I N G

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Ralph V. Lord, Jr.  
Lexington High School  
251 Waltham Street  
Lexington, Massachusetts  
02173

1 2 3 4  
Selective program for grades  
ten through twelve offers a  
broad range of activities in-  
cluding co-ed classes and  
emphasis on life sports such  
as judo, bicycling, and yoga.



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## IDEAS ABOUT WORDS

There are problem words.

Words like scheduling, curriculum, methods, evaluation, and other are good examples of problem words. Ideas don't always fit such word categories. I hope this has not prevented you from finding the ideas of interest to you.

As a matter of fact, words in general can sometimes be a problem.

Sometimes it is difficult to find the right words to describe an idea. Numbers of words cause problems, too, when you try to condense an idea into a few sentences. I hope the essence of your idea has been retained.

But words can be used for praise, too.

Without the help of State Directors and State Associations we could not have as effectively distributed the identification forms. The cooperation, sharing, and professional caring of the contributors speak for themselves. You have done an excellent job.

Words can also offer support.

Many people wrote comments supporting this project. Those comments really helped provide the motivation to continue even when tasks seemed endless.

And then there are words of appreciation.

Thank you words go to three groups necessary to complete this aspect of Project IDEA. The committee members whose time and efforts have been responsible for this "IDEA" are as follows: Elisabeth Arnold (Bangor, Maine), Phyllis Blatz (Ontario, California), Marilyn Day (Westerville, Ohio), Carol Ghens (Los Angeles, California), Barbara Landers (Jacksonville, Florida), Billie McCann (El Paso, Texas), and planning consultant, Margaret Love (Columbus, Ohio).

Without the funding and support of the Secondary Division of NASPE, we would still be drinking coffee and thinking about the whole idea. Thanks for your help.

The actual process of assembling this directory has involved that crucial group of volunteer help or what is also called the free labor gang. Thanks to them, this is finally in your hands.

Words can describe ideas but words can't put them into action.

The Project IDEA Committee has helped to Identify and Distribute, but the Exchange for Action is still up to you. As ideas are exchanged and one-to-one communication is established, we hope the result will be the implementation of successful ideas in your secondary program.

Further opportunity for direct communication concerning these ideas will be presented at the Secondary Drop In Center at the National Convention. This resource area will include displays, A-V materials, discussions, and materials to be distributed.

Enough WORDS! Let's start the ACTION!



Project IDEA Identification Form

Please circle idea category: \_\_\_\_\_ (Name)

SCHEDULE CURRICULUM METHODS \_\_\_\_\_ (School)

EVALUATION OTHER

Specific Idea: \_\_\_\_\_ (Street)

\_\_\_\_\_  
(City) (State) (Zip)

If you have more than one idea, please use similar format and describe only one idea per page.

BRIEF DESCRIPTION:

How long has this idea or project been in use?

Have you evaluated the effectiveness or success of this idea?  
What were the results?

IN ORDER TO SHARE YOUR IDEA WITH OTHERS, PLEASE CHECK THE  
POSSIBILITIES BELOW:

- \_\_\_ Willing to present program idea at drop-in centers, conventions, etc.
- \_\_\_ Willing to have visitors come and see our program.
- \_\_\_ Willing to duplicate and distribute materials upon request.  
(Cost to be covered by person requesting material.)  
Cost (including postage) \_\_\_\_\_
- \_\_\_ Willing to let idea be used in Journal or Update (with credit). Will have materials to mail for followup requests.

RETURN THIS NOW to Elisabeth Arnold, Bangor High School,  
785 Broadway, Bangor, Maine 04401.

Project IDEA Identification Form

Please circle idea category: Elisabeth Arnold  
(Name)

SCHEDULE CURRICULUM METHODS Bangor High School  
(School)

EVALUATION OTHER 885 Broadway  
(Street)

Specific IDEA: Let's make this  
a continuing project. Bangor Maine 04401  
(City) (State) (Zip)

If you have more than one idea, please use similar format and describe only one idea per page.

BRIEF DESCRIPTION:

Let's continue to distribute the identification form.

If the ideas in the directory reminded you of something you forgot to share, fill in the blank on the other side of the page and return in NOW.

If each of you would encourage another physical educator to share, too, we could easily continue and expand this project!

Let's keep caring - Let's keep sharing!

How long has this idea or project been in use? about one year

Have you evaluated the effectiveness or success of this idea?  
What were the results? I thought it was good. (What do you think?) Lots of sharing of good ideas.

IN ORDER TO SHARE YOUR IDEA WITH OTHERS, PLEASE CHECK THE POSSIBILITIES BELOW:

- ☒ Willing to present program idea at drop-in centers, conventions, etc.
- ☒ Willing to have visitors come and see our program.  
(Secondary Drop In Center at National Convention)
- ☒ Willing to duplicate and distribute materials upon request. (Cost to be covered by person requesting material). Cost (including postage) \$1.00
- ☒ Willing to let idea be used in Journal or Update (with credit). Will have materials to mail as follow-up requests come in.